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WARRIORS FIGHT CANCER

The Waterloo Warriors have joined the have joined the Think Pink (Shoot for the Cure) campaign.



HIGHLY CITED

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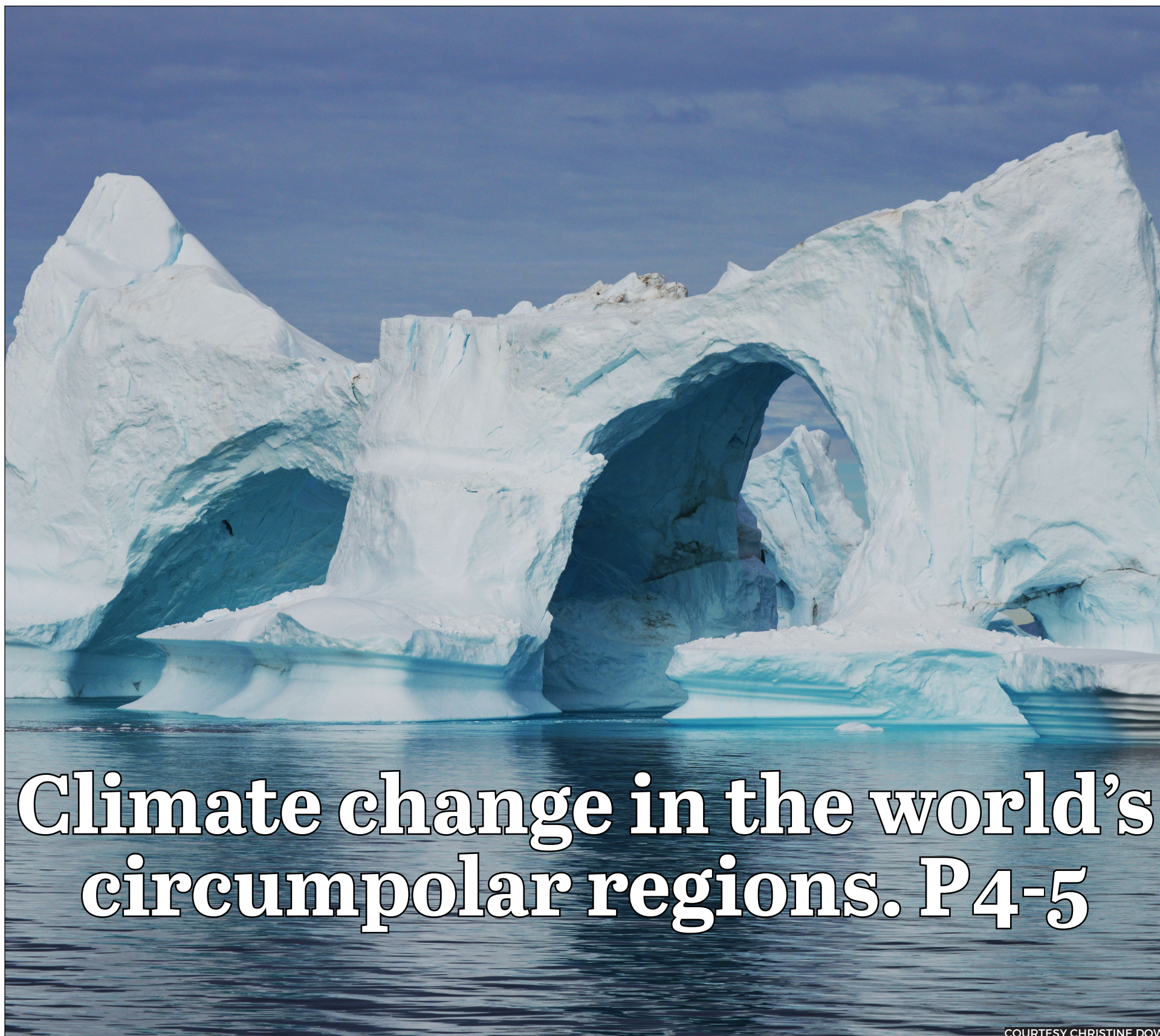
What aspects of remote learning will students miss most?

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Climate change in the world's circumpolar regions. P4-5



Campus housing releases EDI and anti-racism plan

Alicia Wang
News Editor

“Our campus and residences are not immune to [racist] behaviours & structures.”

CAMPUS HOUSING

On Thursday, Jan. 20, campus housing released their Equity, Diversity, Inclusion and Anti-Racism Plan of Action. The Catalyst’s anti-racism newsletter, which was initially established to provide updates on the work of the President’s Anti-Racism Taskforce, described the Plan as having been developed to “advance systemic change” and service the community of cultures and faiths on campus housing, the diversity of which “makes the crucial work of creating an environment free of discrimination, injustice and violence absolutely paramount.”

The Plan of Action can be found on the campus housing website, which states its goal to “creat[e] a welcoming space for all students” and “buil[d] anti-racist and inclusive communities.” The website

reads, “Campus Housing employees know that... our campus and residences are not immune to [racist] behaviours and structures,” and outlines the four current actions Campus Housing has put in place to address such issues in more detail.

Action One, providing spaces for equity, inclusion and anti-racism-focused student services, was remediated by using office space in Mackenzie King Village and UW Place Grand Commons exclusively for supporting student services such as the Mentor Assistance through Education and Support (MATES) and the Women’s Center.

Action Two involved a survey review completed by racialized students of the conduct system in campus housing.

Action Three involved a literary review completed by staff regard-

ing equity, diversity and inclusion in student housing.

Action Four made the completion of anti-racism training mandatory for all campus housing staff.

The website clarifies that future actions were also planned, including that campus housing staff would now, as part of their onboarding, complete Equity 101, an online workshop, with the Office of Equity, Diversity, Inclusion and Anti-Racism.

The website also described these actions as “further support[ing] the 2020-2025 University of Waterloo Strategic Plan.” The Strategic Plan lists goals such as “creat[ing] a sustainable, supportive environment for living, learning, working and discovery that is worthy of our students and University community.”

In addition, listed underneath

the Plan’s mission to “Strengthen Sustainable and Diverse Communities” are several goals relevant to Campus Housing’s Plan. One is the goal to “be a people-centered institution committed to genuine care, concern, respect, inclusivity and well-being for all,” including such objectives as nurturing faculty-student relationships to create a safe and supportive learning environment, working with all stakeholders to foster personal development, social inclusion and spiritual well-being into campus culture, and creating an environment supportive of international students and their achievements.

Another goal listed in the Plan is to nurture a “connected and supportive community that inspires students, faculty, staff and alumni

to achieve their personal, academic and professional goals while feeling valued,” including objectives to develop a culture fostering inclusivity as well as to broaden understanding of communities both within and outside of campus such as alumni, regional, national and international communities.

Other actions to date advancing similar goals of combating anti-racism and fostering connections with BIPOC community members can be found on the timeline listed on UW’s anti-racism page. Alongside Campus Housing’s new inclusion plan, UW has also developed a Black Studies program set to be available in Sept. 2022, and has proposed creating a space for Indigenous staff and students to serve their cultural, social and scholarly needs. Individual faculties have also taken steps to address anti-racism, which can also be found on the anti-racism timeline.

Registration opens for “Elevating Voices of Food Insecurity” workshop

Faliha Mukhi
Reporter

The University of Waterloo, in partnership with the University of Guelph (UoG) and the University of British Columbia (UBC), is hosting a free, online workshop titled “Elevating Voices of Food Insecurity.” This workshop will use digital storytelling to highlight Black, Indigenous, and People of Colour (BIPOC) experiences with food and cultivate important conversations around the issue. Each participant will create a 2-4 minute digital story using WeVideo to detail their accounts of food insecurity, and by way of this, assist in the development of UW’s food-security strategy.

In this four-week-long workshop, students will partake in group sessions, live interactive tutorials and one-on-one meetings with facilitators that will equip them with the skills needed to craft an engaging digital narrative. The workshop will commence on Saturday, Feb. 12 with sessions on the following four consecutive Saturdays (Feb. 19, Feb. 28, Mar. 5 and Mar. 12). To show appreciation for their time and contribution, each participant will receive a \$400 stipend (an amount informed by living wage rates) upon completing the program.

Following the workshop, all participating universities will host a screening on their respective campuses to share the videos with relevant individuals like ac-

tivists and advocates of food security. Students are free to decide if they would like their stories to be shown.

This project is being facilitated by The Re-Vision Centre for Art and Social Justice, an arts methodology research hub at UoG that organizes digital storytelling workshops to help initiate conversations on injustices in various sectors such as healthcare, education and the arts. Nicole Pin, a Registered Dietician at UW Food Services, and Kalpita Gaitonde, a Health Promotion and Evaluation Specialist at Campus Wellness, are leading UW’s participation in this project.

Pin believes that “Elevating Voices” will be a great learning experience for students, stating,

“they’ll gain some excellent technical skills [and] they’ll have the opportunity to engage creatively in a very meaningful way to tell their own story.” She added that students will be working within a safe environment as facilitators are trained to help them through any emotional disturbances that may arise during the process.

Additionally, participants will help formate UW’s strategy to eradicate food insecurity on campus. “We’re trying to see...what may be some of the ways in which we can involve students [so they] feel like they have an ownership [over] the creation of the strategy,” Gaitonde explained. “If our UW students...are involved, other students might feel like they see themselves in it and they might

even be encouraged [to come out] with their stories if they need to.”

Both Pin and Gaitonde hope that this project will remove some of the stigma around food insecurity and consequently, reduce the reluctance to access available support on campus. “I think we need to spread the message loud and clear that food is a basic human right and we’re entitled to have appropriate, adequate food at all times for all meals...Our dream goal is that no individual on our campus community goes hungry for any meal,” Pin said.

All BIPOC students are encouraged to apply for this workshop. To learn more, please visit the Wellness Collaborative website. The deadline for applications is Feb. 4 2022.

Are students ready for a full transition to in-person learning?

Suhani Saigal
Editorial Assistant

In an email sent to University of Waterloo students and staff on Jan. 21, Vivek Goel, president and vice-chancellor, UW, announced a transition to in-person activity starting Feb. 7. After almost two years of online learning, returning to campus can be both daunting and exciting. There are certain elements of online learning that could be kept intact even when in-person activity is in effect.

Imprint reached out to students to find out which changes made due to COVID-19 they would like to keep as UW goes back to in-person instruction.

1. Sanitization and masking

Students feel that we must continue to sanitize all surfaces and follow mask mandates as well as social distancing regulations. “Mask mandates, social distancing and sanitizing must continue,” said Shreya Bobbiti, a Master’s student.

Vishal Lilman, a geography and environmental management student, also expressed an interest in maintaining masking practices. “Normalize wearing masks, especially when it is cold,” Lilman said.

In an email sent to students and staff on Jan. 31, Goel and James W. E. Rush, Vice-President, Academic and Provost, acknowledged “some of the most pressing concerns that have been shared with us” regarding the return to in-person activity. The email directed readers to the university’s COVID-19 information site, which provides the “current assessment and plans” related to masks, rapid tests, ventilation strategy and other COVID-19 safety measures.

2. Less intense exam periods

Online learning has radically changed how students write exams. While some online courses ended up having no final exams, instead evaluating students through projects, reports and other assignments, some classes developed online exams.

Akshay Saxena, a software engineering student, feels that final exams should continue to take place online. “Writing exams at PAC [the Physical Activities Complex] is intimidating and sometimes leads to a lot of pressure,” Saxena said. “Online exams relieve some pressure and allow me to focus more.”

Sometimes, even when courses had virtual exams, the exams were worth less than they had been pre-pandemic. Amay Shah, a systems design engineering student, believes that engineering instructors should not return to final exams worth 50 per cent of the students’ total grade. “When we switched to online learning, we stopped having final exams worth 50 per cent our grade,” Shah said. “I would like that to continue.”

3. Recorded lectures

Since March 2020, course instruction has been done online through LEARN, Teams, Zoom, and similar platforms. UW professors record lectures that stu-

dents can view on their own time, allowing them to have a more flexible schedule considering their locations and time zones.

“When we do return to in-person activity, I would like recorded lectures to stay,” said Riya Pathak, an electrical and computer engineering student. “I like being able to review lecture recordings and clear any questions I might have.”

Nimisha Assudani, a biochemistry student, believes that a hybrid model can be advantageous. As such, she feels that lecture content should be posted online while in-person classes should focus more on problem-solving. “I like the fact that many courses started to focus on problem-solving in classes and using online platforms to post lecture content,” Assudani said. “It really allows us to focus on the application of concepts in class.”

Zofia Washington, a psychology student, added that recorded lectures would be beneficial for students who have to miss class for illnesses, including, but not limited to, COVID-19. “[Recorded

lectures] would be so helpful when people have to miss class because they get sick,” she said.

In an update shared on Dec. 17, 2021, WUSA announced that they were “currently advocating for [students] to the University to ensure a continuous learning experience for students who can’t consistently be on campus,” including requesting that “all courses record lectures, post all class materials (like slides and handouts) online, and provide equal opportunities to earn marks remotely (participation, final projects, and everything in-between).”

WUSA explained that “this would mean all students can participate in their classes whether you’re on-campus all the time, have to miss a few classes, or are accessing everything remotely.”

However, WUSA noted that UW may not act on these requests and encouraged students to maintain safe practices like masking and physical distancing and to register with AccessAbility Services if they need disability-related accommodations.





WRITE FOR SCIENCE AND TECH

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The tip of Taking a deeper dive into climate change

Faith Rahman
Reporter

When you hear the words “climate change,” what comes to mind? Do these two words immediately conjure images of climate strikes, raging wildfires or a picture of a single polar bear stranded on an ice floe, surrounded by a seemingly endless expanse of blue and white? Although the term has quickly become a buzzword within the last decade, climate change is often a temporarily trending topic. But when it comes to climate change in the Earth’s circumpolar regions, there is far more to the Arctic and Antarctica than simply polar bears and penguins.

People, plants and penguins in the world’s circumpolar regions

The Arctic region, found within the political boundaries of eight of the world’s countries (Canada, Denmark, Finland, Iceland, Norway, Sweden, Russia and the United States), is often depicted as a frigid and barren landscape devoid of animal and plant life. Contrary to popular belief, this vast geographical region is home to approximately four million people, 10 per cent of whom are Indigenous peoples. Inuit Nunangat (“the place where Inuit live”), also known as the Canadian Arctic, is native to over 64,000 Inuit people – many of whom continue to practice cultural traditions such as hunting and fishing on the sea ice today. In contrast, as the world’s southernmost continent, Antarctica does not have an Indigenous population but is partially governed by Argentina, Australia,



CHRISTINE DOW

Chile, France, New Zealand, Norway and the United Kingdom.

Along with research stations and Indigenous communities, vibrant communities of fauna and flora thrive in these polar regions. While approximately 1,700 plant species such as grasses, flowers, and shrubs flourish in the Arctic tundra, Antarctica hosts approximately 300 moss species, 300 terrestrial algae species, and 150 lichen species. In addition to the beloved polar bear, Arctic wildlife includes narwhals, Arctic foxes, musk oxen, and walrus, and Antarctica hosts seabirds, seals, and whales, to name a few.

People and nature alike have defied the odds by withstanding the harsh conditions through resilience and adaptation. However, the circumpolar regions as we know them, including their interconnected network of cultures, ecology, and geography, are rapidly melting away with the ice every year. To better understand ice melt, we must take a step back and look at climate change.

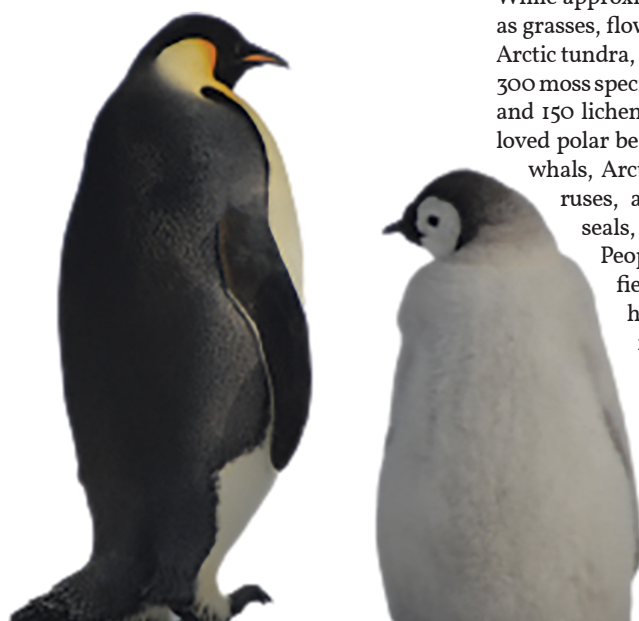
What’s Happening?

As humanity continues to produce excessive amounts of greenhouse gases (e.g. carbon dioxide, methane, nitrous oxide, etc.) through human activity, including burning fossil fuels for transportation and electricity, these gases trap more heat in the Earth’s atmosphere than necessary and warm the planet. Through a process called the ice albedo feedback, warming in circumpolar regions has accelerated. As ice melts, the ocean surface is exposed, which is darker in colour than ice, absorbing more heat, and causing more ice to melt than before. This feedback loop continues in an endless cycle. According to the U.S. National Snow & Ice Data Center, while ice reflects as much as 50 to 70 per cent of incoming solar radiation (rising to 90 per cent with a blanket of snow), the ocean only reflects six per cent.

Additionally, permafrost, the frozen

ground, is thawing and further releasing carbon dioxide and methane into the atmosphere, which also contributes to warming. Not only has sea ice depleted and snow cover decreased, but glaciers across Alaska, Greenland, and northern Canada have significantly retreated. Within the last 30 years, the Arctic has been warming approximately twice as fast as the rest of the world.

“Several studies show that we will lose about 90 per cent of our ice in the Canadian Rockies by 2100,” said Christine Dow, an Associate Professor at the University of Waterloo and a Tier 2 Canada Research Chair in Glacier Hydrology and Ice Dynamics. Dow’s work focuses on the ways in which glaciers and ice sheets in the Antarctic, the Yukon, and the Canadian High Arctic behave in the present and how they may behave in the future.



the iceberg: across the world's circumpolar regions



“Climate change is one of the few things in the world that is going to affect every single person on this planet in one way or another”

CHRISTINE DOW
TIER 2 RESEARCH CHAIR IN
GLACIER HYDROLOGY AND ICE DYNAMICS



Why It Matters

As circumpolar regions become warmer, they will experience more frequent and longer ice-free summers, the sea level will rise, and extreme weather events including wildfires, droughts, and floods will occur globally with increased frequency and severity.

“Climate change is one of the few things in the world that is going to affect every single person on this planet in one way or another,” Dow said.

Dow explained that while Kitchener-Waterloo may not be a coastal community directly affected by sea level rise, the Earth's climate is intricately interconnected so that changes in our atmosphere occur when glaciers or sea ice melt in the Arctic. KW is already experiencing greater fluctuations in temperatures and variability in weath-

er conditions due to an unstable jet stream.

As ice melt and sea level rise put coastal communities in danger, the warming climate also significantly disrupts agricultural processes and brings diseases that could not previously exist in colder latitudes. Lyme disease, for example, is associated with ticks, which are gradually expanding their northernmost range across Canada.

Moreover, although Canada is globally renowned for its magnificent landscapes and iconic glaciers such as the Athabasca Glacier in the Canadian Rockies, Dow stated that such tourist landmarks may no longer be seen within the next 50 to 80 years. This would be “disturbing both for tourism and water resource management industries,” she said.

SARAH MORASSUTTI

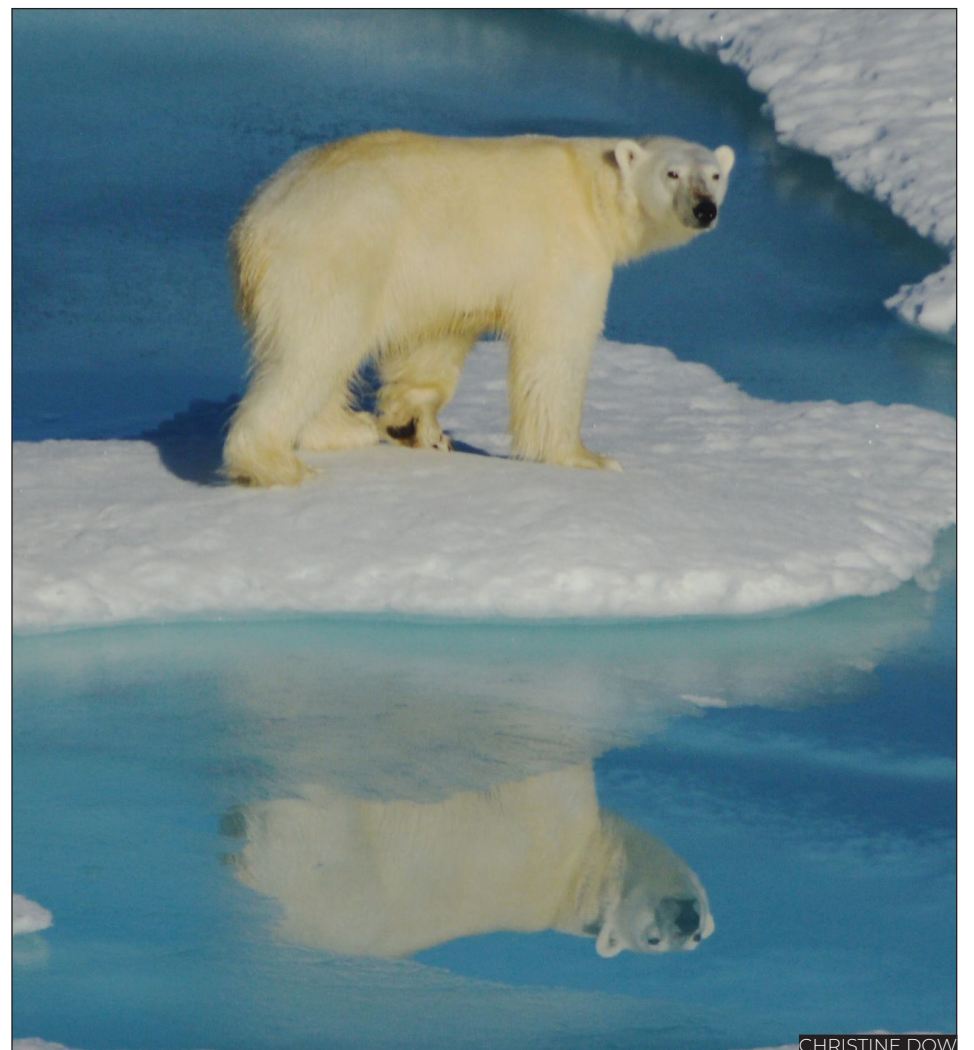
How To Get Involved

With so much information on climate change, it can be overwhelming to know where to begin to take action. To reduce your personal impact on global climate change, many actionable steps only involve making slight changes in your daily habits – many of which may result in healthier life choices and save both energy and money. Dow emphasized the importance of voting and discussing climate change with one another, as individuals can make a big difference by getting their voices heard.

“It’s a combination of action on the governmental and individual scale,”

Dow said. “If you can do everything you can to tackle it yourself, spread the word, and go vote, then you’re doing the best you can for the world and everyone’s future – and I would applaud that.”

Students interested in getting involved with glacial hydrology, ice dynamics, and climate science, can enroll in the course “GEOG 420: Glaciers and Ice Sheets” and undergraduate students can engage in research opportunities across campus, including many related to climate change, through the NSERC Undergraduate Student Research Awards.



CHRISTINE DOW

Researchers from UW among the most cited in the world

Mahek Kaur
Reporter

In November 2021, Clarivate, a global analytics firm, published its 2021 list of Highly Cited Researchers that included nine researchers from the University of Waterloo. The researchers

on the list are from publications that rank in the top 1 per cent by citations for their field and publication year.

Compiled annually, the list for the year 2021 identified 6,602 researchers from more than 70 countries. About 3,700 of the researchers were recognized in specific fields while roughly

2,800 were recognized for cross-field impact.

The researchers from UW included Zhongwei Chen, Geoffrey T. Fong, Bernard R. Glick, David Hammond, Sharon I. Kirkpatrick, Linda F. Nazar, Will Percival, Daniel Scott and Xuemin (Sherman) Shen.

Zhongwei Chen is the Canada Research Chair in Advanced Materials for Clean Energy and a chemical engineering professor. His research is focused on using nanomaterials for advancing technologies important to alternative energy and environmental needs.

Geoffrey T. Fong is a psychologist in the faculty of arts. His research is geared towards understanding the impact of tobacco control policies through combining traditional epidemiological survey methods with psychological theories and research.

Bernard R. Glick is a biology professor whose research is focused on plant-microbial interactions, including how certain bacteria can help plants grow. He has one of the highest citation re-

ports at the University of Waterloo, with over 52,000 citations.

David Hammond is a professor at the school of public health sciences. His research is concentrated on chronic disease prevention and global health in key areas including tobacco and vaping, nutrition policy, and cannabis harm reduction policy.

Sharon I. Kirkpatrick is a registered dietitian and an associate professor at the school of public health sciences. Her research is focused on the intersections between nutrition, human and planetary health, equity, and policy.

Linda F. Nazar is a chemistry professor and Canada Research Chair in Solid State Energy Materials. Her research is geared towards the development of electrochemical energy storage devices and materials.

Will Percival is a physics and astronomy professor and Distinguished Research Chair in Astrophysics. His research is about the properties of the universe on the largest scales, such as the physics just after the Big Bang and the physics driving the evolution of

the universe today.

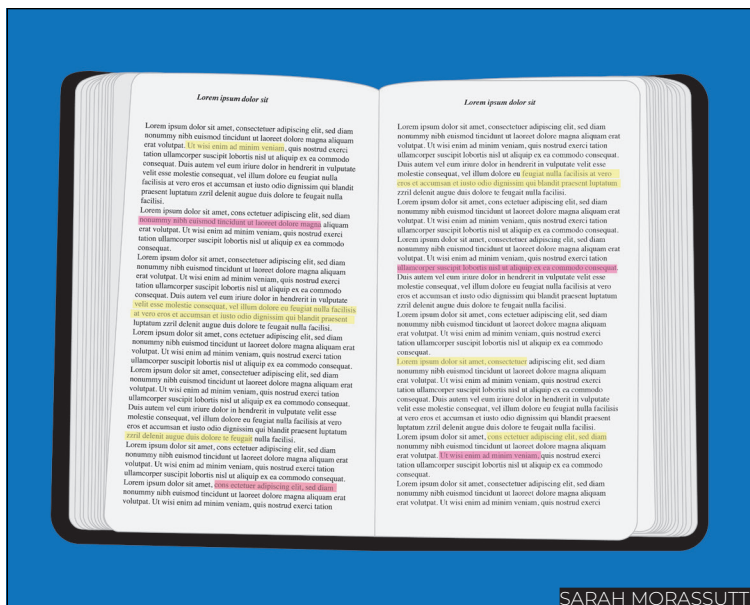
Daniel Scott is a geography and environmental management professor. His research is focused on human dimensions of global environmental change, climate and society, and sustainable tourism.

Xuemin (Sherman) Shen is an electrical and computer engineering professor. His research focuses on wireless communication networks. He has been developing algorithms and protocols for wireless network security and privacy preservation.

Clarivate also summarized some key statistics drawn from the list.

The three countries that are home to the most highly cited researchers are the United States, China and the United Kingdom. The United States, being home to 39.7 per cent of the researchers on the list, leads the list by far, followed by 14.2 per cent from China and 7.5 per cent from the United Kingdom.

The institution with the greatest number of highly cited researchers was Harvard University, which was home to 214 of the researchers on the list.



Rising seas – Canada's coasts under threat

Action required now – report calls for action to help coastal communities

Victor Cirstet
Reporter

The University of Waterloo has published a report detailing the current danger to Canada's coastal communities, as well as possible solutions and strategies for protecting Canada's east and west coasts from the increasing risk of flooding caused by rising sea levels. The report, published in December of 2021, is a joint effort by the Intact Centre on Climate Adaptation, which is a UW research centre, and the Standards Council of Canada and was authored by Joanna Eyquem, the managing director of Climate-Resilient Infrastructure at the Intact Centre.

Rising sea levels as a result of climate change are not a new phenomenon, but they are a growing concern to Canada's coastal communities. The report is sur-

rounded by three oceans and more than six million Canadians live in marine coastal areas, many of which could be affected by flooding caused by sea level rise.

The report seeks to address the dangers of rising sea levels by providing people, including policymakers, with information about the costs and benefits of different coastal defense strategies. The report splits these defenses into traditional grey infrastructure methods such as seawalls and nature-based solutions such as dune restoration.

Eyquem discussed features of both types of solutions, emphasizing that "the good thing about natural infrastructure is that if we design it well, it's self-maintaining." As opposed to grey infrastructure, the report explains, the significant benefit of implementing nature-based solutions is that in addition to reducing flood risk, they

can help with recreational activities and human health, as well as building biodiversity in communities.

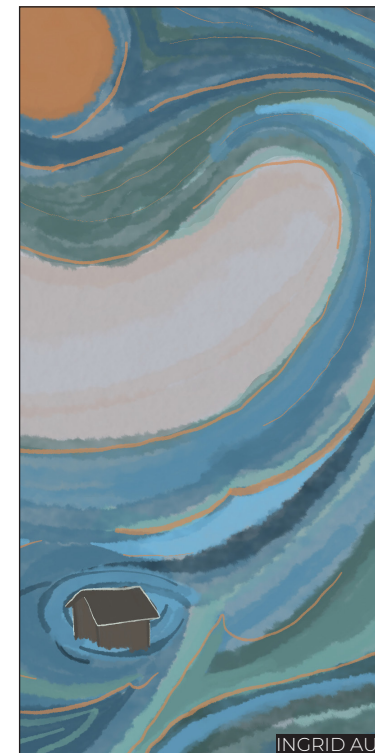
The report follows another report published by the Intact Centre earlier in 2021, which highlighted how unprepared the majority of Canadian cities are in the event of floods, with some cities even showing a decrease in preparedness compared to a previous 2015 study. With storm surges damaging sea defenses in early January and flooding in B.C. throughout the later part of 2021, this report comes at a pivotal moment. Eyquem stressed that "2021 really demonstrated that this is happening and we are experiencing a whole range of extreme events across Canada, and they are going to be more frequent." Canada must look to protect its coastal communities now.

The report also highlighted available funds for protective mea-

sures. One initiative Eyquem mentions is the Disaster Mitigation Adaptation Fund (DMAF), a \$2-billion, 10-year fund set up by the federal government in 2018, which communities can apply to for infrastructure projects that increase resilience against climate change. In 2021, an additional \$1.375-billion over 12 years was allocated to the DMAF, with specific allocations for Indigenous recipients.

To help combat the issue of rising seas, and push for the implementation of nature-based flood prevention measures, Eyquem urges students to "explore opportunities with their local community," adding that "something we can do is talk about it."

Parks Canada has set up a program named the Coastie Initiative where members of communities such as students here at UW can photograph coastal areas, which can help track coastal erosion.



arts & life

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Keep up with the latest trends on campus and community news online.

What to do in Waterloo this February

Erin Froud
Reporter

With businesses slowly reopening after the January shutdown, many will be cautiously returning to in-person events. Whether you want to celebrate Valentine's Day, distract yourself from Valentine's Day or just get out of your house for the first time in a month, Waterloo will be home to several events in which you can participate.

Forest Walk Contemplation

Monarch Woods Loop — Monarch Woods Park, Kitchener
Saturday, Feb. 5, 1 p.m. to 4 p.m.

If you're looking to get outside or to do some self-reflection in these winter months, this Forest Walk Contemplation offers a chance to do so in a way that is structured and guided. Hosted by Soul-Sigma Holistic Therapeutics, a practice combining "therap[y] [and] psycho-spiritual educat[ion]," these walks are a series of "interactive meditative journeys exploring local trails, where we will directly interact with Nature in the outer landscapes and Soul in the inner landscapes."

The experience takes place entirely outdoors, so dress accordingly. The event is free to attend, but an RSVP is required, as the facilitator likes to tailor the experience to participants' needs. If you are interested, you can send your RSVP to the host's email, which is available on the event's Facebook page.

Identifying & Uprooting Internalized Racism - Student Workshop

Note — this is a closed workshop for students who are Black, Indigenous or racialized
Online
Tuesday, Feb. 8, 1 p.m. to 4 p.m.

If you are a racialized student who is "grieving the racism in the world" and wants to "investigate [their] own internalized racism," this interactive lecture and discussion might be for you. The event is hosted by the University of Waterloo's Office of Equity, Diversity, Inclusion and Anti-Racism and facilitated by folk artist Janice Jo Lee. The content is considered to be intermediate level, so participants are expected to have "a basic understanding of the history of global colonialism and systemic oppression," to have "begun

their learning about equity and anti-oppression frameworks" and to want "to further their knowledge and investigate their personal relationship to anti-oppression."

The event is free to attend, but participants must pre-register. Given the limited spaces, it is requested that, if you elect not to attend, you unregister yourself so another person may take your place.

Eat Your Heart Out

Descendants Beer & Beverage Co., 319 Victoria Street North, Kitchener, ON
Saturday, Feb. 12, 7 p.m. to 10 p.m.

From Make it Revaine Productions, this 19+ "anti-Valentine's drag show," is the perfect Valentine's weekend outing,

whether you are alone, with your galantines or even with your partner. This show is hosted by Karma Revaine and Kasha Czech and features the wonderful talents of MissConduct, Malakai Batz, Molly Kewl and Melody Bijou.

Tickets are \$11.62 and are non-refundable, but will be honoured if the event is rescheduled. Also, be sure to check out Make It Revaine's other productions, which will be happening throughout the month.

2SLGBTQ+ Book Club

Waterloo Public Library – Main Library
35 Albert Street, ON, N2L 5E2
Monday, Feb. 28, 7 p.m. to 8 p.m.

The Waterloo Public Library, in part-

nership with local 2SLGBTQ+ organization Spectrum, will be holding monthly discussions of books by and about 2SLGBTQ+ people and the 2SLGBTQ+ experience for adults aged 19 and above.

This February, the book under discussion will be *We Have Always Been Here: A Queer Muslim Memoir* by Samra Habib, an "honest and revealing coming-of-age memoir of a queer Muslim woman's struggle with identity, faith and family." The book was a national bestseller and the winner of both Canada Reads 2020 and the 2020 Lambda Literary Award.

The event is currently in-person. While you must pre-register on the event's webpage, as there are limited seats, the event is free to attend and does not require a library card.



sports & health



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For more info, email sports@uwaterloo.ca.

Waterloo Warriors join 2022 Shoot for the Cure campaign



VIA UW

Suhani Saigal
Editorial Assistant

Waterloo Warriors, along with other U SPORTS schools, has joined the 2021-2022 Think Pink (Shoot for the Cure) initiative to fight breast cancer. The campaign began on Jan. 15, 2022, and will run till Feb. 12, 2022.

As part of this campaign, the league organizes events and auctions to collect funds for the Canadian Cancer Society (CCS). The money is put toward advancing leading-edge cancer research that is improving cancer treatments, preventing cancer and saving lives. Funds raised through the Think Pink initiative help provide reliable and up-to-date information on cancer risk reduction and treatment, offer community-based support services for people living with cancer and their families, and advocate for health-oriented public policies.

Think Pink events include varsity games that are yet to be confirmed. All OUA competitions including scrimmages, exhibitions, league

games, and championships are currently on pause with more information to be provided later.

Over the last 13 years, Waterloo Warriors have raised over \$252,000.

People who want to contribute can purchase Think Pink t-shirts, participate in auctions, give funds directly or donate their hair. The auction and donation options are open as of Jan. 29, while the t-shirts will go on sale on Feb. 7.

As of Jan. 29, Waterloo Warriors have raised \$2,210.04 of their \$5,000 goal for the year.

Some athletes have set up their own fundraising pages as part of this initiative.

Jeffrey Welch, UW men's varsity rugby alum, has volunteered to donate his hair.

"This will be my third fundraising event and I have been growing my hair out for two years for this," Welch said in a statement.

As of Jan. 29, Welch has raised \$691.40 of his \$700 goal.

Lesia Bandura, a UW women's varsity soccer alumnus and current Goalkeeper coach for the women's team, has signed up to donate her hair for the fourth time.

"This year I am donating my hair in support of a close family friend who battled breast cancer in 2020 and 2021 and is still dealing with the side effects of the disease and treatment today. I will be

cutting off 10 inches of hair which will go to Eva & Co Wigs, a proud partner of BC's Children's Hospitals — Wigs for Kids program," Bandura said in a statement.

As of Jan. 29, Bandura has raised \$260.64 of her \$400 goal.

Those who want to donate hair or assist in raising funds can contact Bryan (athcpmk@uwaterloo.ca).

More information and updates can be found at gowarriorsgo.ca/thinkpink.

THINK PINK T-SHIRTS

» Purchase at the CIF or PAC Service Desk
» 100% donated to the Breast Cancer Cause at the Canadian Cancer Society

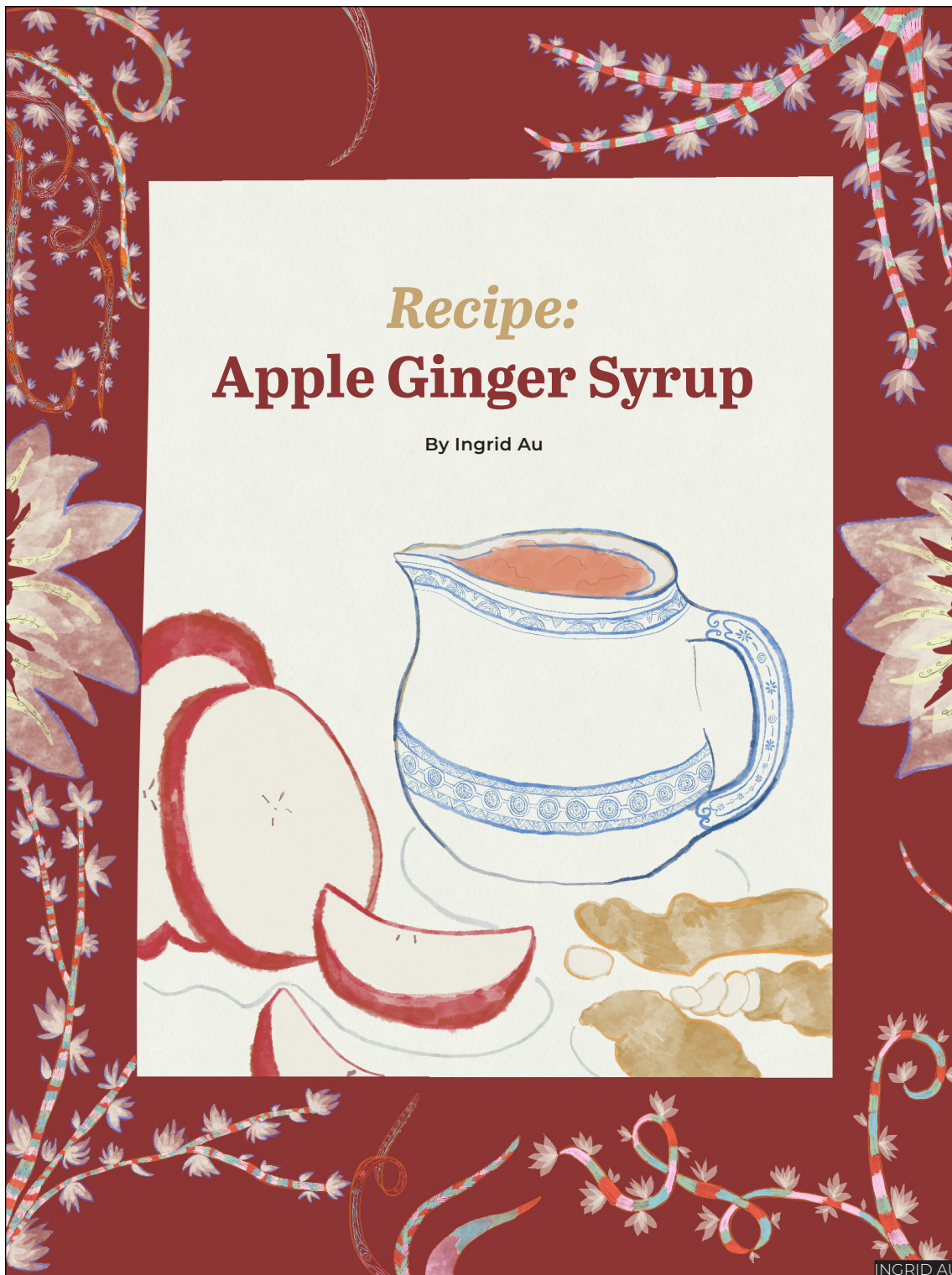
ONLY \$15

GOWARRIORSGO.CA/THINKPINK

THINK PINK

JANUARY 15 - FEBRUARY 12

RBC | WATERLOO WARRIORS | Canadian Cancer Society



With the greyish-blue and wind-stinging winters, we all crave a hot beverage to wrap our hands around. This apple ginger syrup goes perfectly with black tea. The apple provides freshness and sweetness, while the ginger gives it a kick of spice and warmth.

Tools:

- A pot
- A spatula or spoon
- Optional: grater

Ingredients:

- 1½ cup of diced apples (keep them small)
- ⅓ - ½ cup of thin ginger shredded (depending on the desired amount)
- ⅓ cup of brown sugar
- ⅓ cup of honey
- ½ tsp of lemon juice

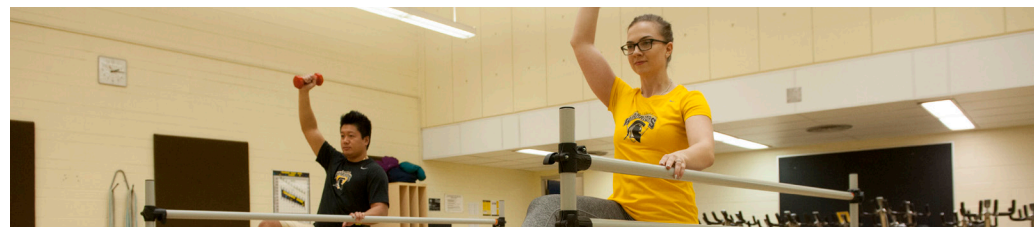
Instructions:

1. Dice the apples into small cubes. Peel and thinly slice the ginger into shreds. You may also use a Microplane to shred the ginger as an alternative, just make sure to get rid of all the ginger fibres that may have clumped up.
2. In a pot, combine the apples, ginger, brown sugar and honey. Let the mixture sit for about 1-2 hours for the sugar to draw out the moisture.
3. Afterwards, cook the mixture at medium-low heat for about 15-20 minutes or until the mixture slightly thickens into a syrup. Make sure to constantly stir to avoid burning the syrup. The consistency should be a medium thickness (more on the liquid side). If too thick, add some water and continue stirring.
4. Once the appropriate consistency has been achieved, let the syrup completely cool down and store in a jar. The syrup can be stored for up to 2 weeks in the refrigerator.

With the winter term starting, we are slowly easing back into work mode. For some of us, it may take some time to adjust to our new routines whether it is a co-op job or new courses. However, this recipe is a friendly reminder that despite studying hard, you should also give yourself moments to lay back and relax. Try making this recipe or curl up with your warm beverage of choice, and cozy up with a book, movie, or show. I hope you enjoy these little small pleasures as much as I do because these little things do add up to make your winter term more memorable and fun.

Good luck with the winter term!

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THIS WEEK IN ATHLETICS
 GO GO BLACK GO GO GOLD GO
 WATERLOO WARRIORS



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Next scheduled post-mortem meeting:
 Virtual due to COVID-19

Next scheduled board of directors meeting:
 Virtual due to COVID-19

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UW INDIGENOUS STUDENT ASSOCIATION



opinion



HAVE YOUR SAY

Submit your letter to the editor or your community editorial to opinion@uwimprint.ca. Find more opinions at uwimprint.ca.

The Olympics are political, and Beijing 2022 is no exception

It was July of 2015 when Beijing was awarded the 2022 Winter Olympic Games. Seven years later, the world is very different, at least from the perspective of someone who has become of age in this time span. The elephant in the room here is the pandemic — China may have reconsidered its bid if it had known what was to come. But what I believe was anticipated, and what is one of my favourite aspects of the Olympics, is the intense geopolitical nature of the competition, and what it means for international relations, global politics and ultimately, humanity.

The modern Olympics were founded in the late 19th century by Frenchman Pierre de Coubertin and his organisation, the 'International Olympic Committee' (IOC). Like that of the ancient Greek Olympic games, a stated mission of the modern Olympics is to promote peace among the nations of the world. At times, this has been challenging — the Olympics have been in the middle of geopolitical tension at many points during its history, such as the Berlin 1916 and 1936 games. Today, we find ourselves in another situation in which the Olympics are set to serve as friendly competition between nations who, in military backrooms, are no doubt planning for more violent forms of competition. These narratives, of country vs country, culture vs culture, played out in athletic competition, is what I find so interesting about the Olympics.

On Dec. 6, 2021, the United States announced a diplomatic boycott of the Olympics, meaning it would not be sending political figures (diplomats) to Beijing, due to alleged genocide and crimes against humanity against Muslim minority groups in the country. Canada, the UK, Japan and many other countries have since followed suit. A group of Uyghur Muslims in Turkey even called for a complete boycotting of the games. In normal times, the Olympics are a valuable opportunity for diplomacy among nations, since almost every country attends. However, it has become increasingly clear that these are not normal times. In the face of boycotts, China has called the move "a farce."

This is a time of converging crises, from the ongoing pandemic to an increasing military build-up between NATO and Russia on the Ukrainian border — a situation that some Ukrainian officials say could result in the breakout of a third World War. UK Prime Minister Boris Johnson, in his eloquence, has warned Russia that invading Ukraine would be "disastrous" and a "painful, violent and bloody business." Pleasant. You may have

thought World War Three was simply a meme, a terribly unlikely event prevented by the many nuclear weapons on both sides, but sadly, this is the situation the world finds itself in on the eve of Beijing. Ukrainian Sports Minister Vadim Guzman suggested in an announcement that his athletes should not be standing with other athletes who hold the flag. This against the spirit of the Olympics, and it is an unfortunate sign

of state relations between the two countries. Wouldn't it be great — if Ukrainian athletes say, a skiing the weaponry, military generals, oil; just two athletes rivalling in a fiercely violent, activity. Is that this could ease even if it's just leaders of these tary alliances could motivations and settle on the sporting to be the attitude government, taken they are cautioning political speech, participants against with potential discipline on the table for those who "cross the line." It is even believed by a US state department official that Chinese president Xi Jinping would "not be happy" with Russia if a war with Ukraine and NATO coincided with the games or ceremonies

in Beijing. UK-based NGO Amnesty International has warned the "international community" against China's supposed plan of "sports washing" the games, in an attempt to distract from the government's human rights abuses in Xinjiang and Hong Kong. Personally, I don't believe there is any way of taking politics out of the Olympics — it is intrinsic to the games — but it is through the games that political tension can ideally be alleviated.

Aside from the controversy and tension, it is the Olympic narratives that make the games truly fascinating. It is clear that China takes great pride in hosting the Olympics. They have put tremendous amounts of resources into the games so that these Olympics will have a technological flair to them. China is a growing nation, empire and economy and, in recent years, has challenged America as a hegemonic power. These Olympics could symbolically signal the technological and economic rise of China, from an impoverished country in the early 20th century, to a great power today. There is no doubt that China takes pride in this narrative, and hopes to host a successful Olympics for this reason.

These narratives exist in every country. This is because sport means so much to us as a global culture. It allows us to express our most primitive instincts of competition and glory without the raising of a sword, or clenching of a fist. On a nationwide scale, narratives become important because each participant has something to prove. America wants to stay on top, China wants to rise, and every other country hopes it can surprise the global superpowers in classic David and Goliath style. Canada usually does a pretty good job of this in the Winter Olympics, and I would say we are pretty proud of it. In fact, I would argue a significant part of our national pride comes from our tremendous ability to succeed in winter sports. It doesn't feel very good to lose to America in hockey, eh? Well, each country has these narratives, and in times of heightened geopolitical tensions, it is interesting to watch them play out in the games. However, like the UN Secretary-General António Guterres, I just hope this will be done in the name of togetherness.

"I also call upon all warring parties of current armed conflicts around the world to boldly agree to true mutual ceasefires for the duration of the Olympic Truce, thus providing an opportunity to settle disputes peacefully."

This is the true spirit of the Olympics.

Charlie Dickson
 Opinions Editor



distractions

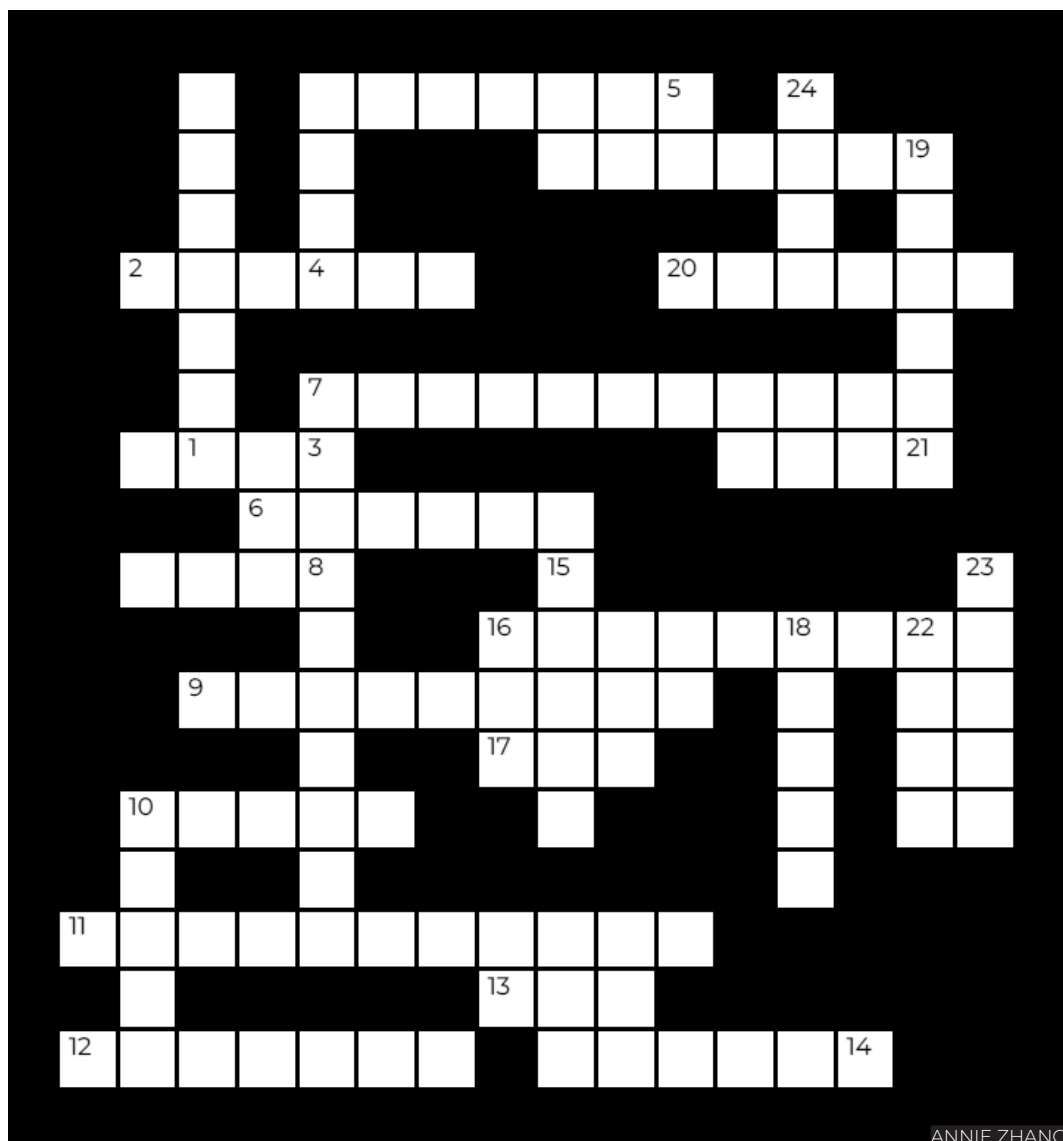


Q: WHAT DID THE OLYMPIC ATHLETE SAY AFTER PLACING 2ND?

A: YOU WIN SOME, YOU LUGE SOME.

Imprint crosswords

Winter Olympics

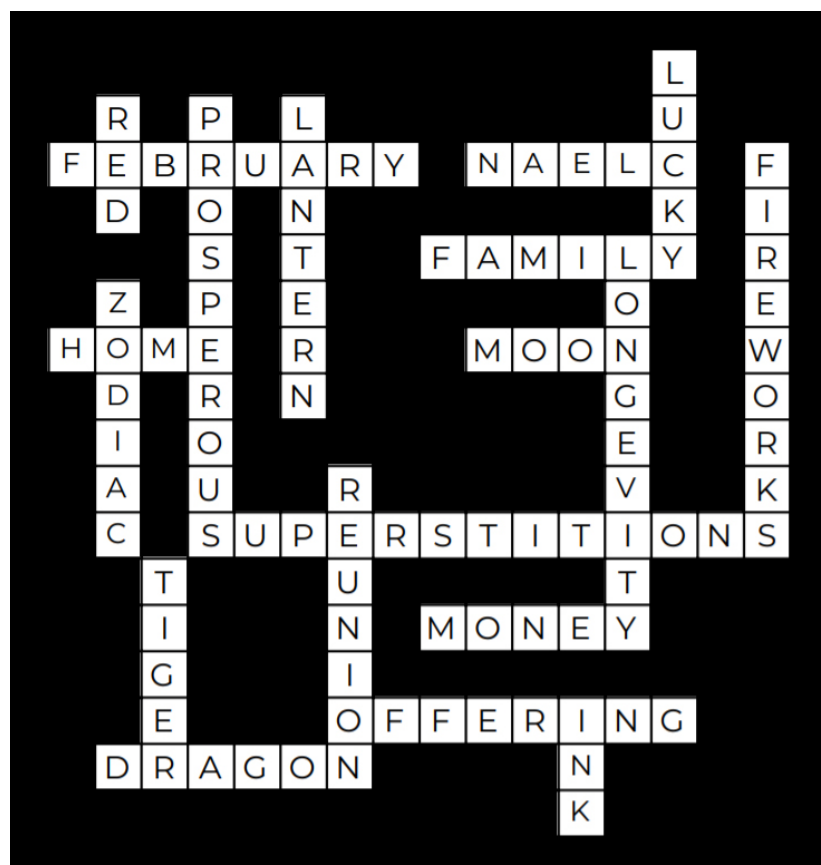


ANNIE ZHANG



ANNIE ZHANG

LAST WEEK'S ANSWERS



Across

2. Skiing in a zigzag course
3. Put the pedal to the metal, backwards
5. It's used to take the fizz out of drinks, backwards
6. Step up onto this for a job well done
7. Going for gold
8. Gravity-powered snow vehicle, backwards
9. Winter sporting device, strapped in
10. Go over the limit?
11. "Ted-Jan Bloemen heads into the _____!"
12. First dual Olympic city
13. To ride across a non-pisted surface; boxes, rails, etc.
14. Mountainous Febreze scent
16. Like some laps and raps
17. Seven out of the fifteen Winter Olympics sports are played on this
19. Leap named for a Swedish skater
20. A word relating to both physics and physique
21. Together for a shared future, backwards

Down

1. Lead, second, third, skip, backwards
4. Fast down a chute, feet first, backwards
7. Basic skill for rink sports, plural
10. Get by on thin ice?
15. Both Summer and Winter Olympics have events around a _____
18. It goes a long way before the Olympics
19. Go all out and be dashing!
22. Double or triple with a backwards take off
23. Honorable mint product
24. Decoration for the Olympic Village